



Prevention Intervention News

April is National Child Abuse Prevention Month

In 2019, there were 10,102 youth in Georgia who were victims of maltreatment*. This means that 1 out of every 1000 youth in Georgia was the victim of maltreatment*. 68 Georgia youth died in 2019 because of child abuse or maltreatment*.

The Paulding County School District has over 30,000 students so there could be 30 or more students suffering from maltreatment at any given time. School district employees and parent volunteers receive training each year on warning signs and how to report suspected abuse. As mandated reporters, it is important for school personnel to remain vigilant to these signs to keep students safe.

Warning signs of maltreatment or abuse:

- ◆ Unexplained bruises or marks
- ◆ Unexplained burns
- ◆ Bald patches on scalp
- ◆ Cautious of adult contact
- ◆ Afraid to go home
- ◆ Poor self-concept
- ◆ Suicide attempts
- ◆ Sophisticated sexual knowledge
- ◆ Sexually acting out in younger children

**If you are concerned about a child’s emotional, physical or psychological safety, please report to:
1-855-422-4453**

You might be saving that young person’s life.

*Data retrieved from: <https://cwoutcomes.acf.hhs.gov/cwodatasite/pdf/georgia.html#footnote2>

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Sources of Strength Week in Paulding County

Sources of Strength is an evidence-based suicide prevention and health promotion program that utilizes the power of peer influence to break down codes of silence.

Sources of Strength works by partnering a diverse group of students with connected adult advisors to create teams in middle and high schools. These teams are trained to conduct strength-based campaigns that foster positive culture change in their schools.

Turning the traditional practice of identifying risk factors and warning signs for suicide on its head, Sources of Strength focuses on developing protective factors and resilience. Using an active learning model, incorporating art, storytelling, small group sharing, and

games, Sources of Strength explores the eight protective factors depicted in the wheel of strength, to develop resilient individuals and communities.

For more information on Sources of Strength: www.sourcesofstrength.org

Sources of Strength Week was celebrated in middle and high schools throughout Paulding County from March 28th to April 1st.



“My best friend is the one who brings out the best in me.” - Henry Ford

Positive Friends

Whether it was taking a picture with their best friend (East Paulding High School, photo on right), wearing yellow because that’s the color from the strength wheel (photo of counselors from McClure Middle School, far right) or high school students coming together on their Digital Learning Day to visit the middle school (South Paulding High School students, photo on bottom right), positive friends were celebrated throughout the district during Sources of Strength week!

What Are Your Sources of Strength?





Generosity

Generosity is an important piece of the Sources of Strength wheel. Giving to others, doing something kind, showing gratitude and being thankful are all ways that generosity can help someone who is feeling sad, angry or anxious feel better. Oftentimes, doing something kind for another person, lifts the spirit of the “doer” as much as the person receiving the kindness.

The pictures above illustrate some ways that students throughout the Paulding County School District exhibited generosity during Sources of Strength Week.

Top Left: Students at **McClure Middle School** wrote “Thank You for Being a Source of Strength in my Life” cards to trusted adults in their school. They gave the cards to their trusted adults with mardi gras beads to wear too!

Top Right & Bottom Left: Students at **South Paulding Middle School** participated in an activity that was led by peer leaders from **South Paulding High School**. The high school students went to the middle school on their digital learning day to lead the activities with the younger students.

Bottom Right: Student at **East Paulding Middle School** brought Chick-Fil-A biscuits to her teachers for breakfast during Sources of Strength Week.

What a fantastic week of gratitude and thankfulness in Paulding County!

“Strive to find things to be thankful for, and just look for the good in who you are.”
~Bethany Hamilton

Resources for Teens

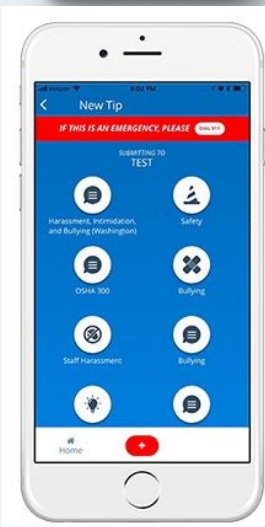
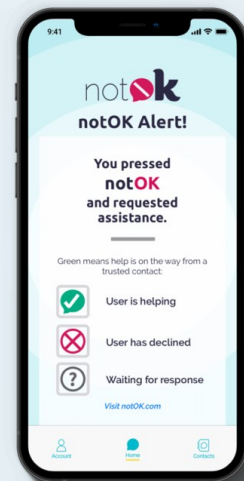
CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

Georgia Crisis
& Access Line

1-800-715-4225
mygcal.com

Sponsored by the
Department of Behavioral
Health and Developmental
Disabilities
DBHDD



MOBILE FOOD PANTRY

Community food distribution to anyone in need.

MUST Ministries will provide fresh produce and more in your community with a mobile pantry.

New clients pre-register for the mobile pantry by visiting: <https://bit.ly/mobilecommeng> (Only if not a current client)



If someone you know is struggling to stop vaping or smoking, there are resources to help.

Become a Smoke Free Teen

Click [HERE](#) to Get Started on a Healthier Path

FREE CLASSES—MORNING OR EVENING Learn & Practice English

Cobb/Paulding Adult Education

140 Bethel Church Road
Hiram, GA 30141

Call: 678-460-1587



Drug Free Paulding

Drug Free Paulding is a community coalition working together to prevent substance misuse by youth and create a community that is purposefully DRUG FREE!

Drug Free Paulding is recruiting community members to serve on the coalition as well as youth who are interested in leadership opportunities on the youth council.

If you or someone you know may be interested, please reach out to drugfreepaulding@gmail.com or Drugfreepauldingyouth@gmail.com

For more information, please visit the Drug Free Paulding webpage here: https://www.familyallianceofpaulding.org/drug_free.php



TEACHER APPRECIATION WEEK

May 2nd—May 6th

Let's celebrate and thank our
Paulding County teachers!

#ThankATeacher

Congratulations, Graduates!

The school year is almost over and that means it will be time for graduation. Students from Pre-K to 12th grade will celebrate milestones as they move from one grade to another, one school to another, and even move onto their next chapter in life.

The ending of the school year can be a scary time for some of our students. Changing routines and the uncertainty of the future might create anxiety or even depression in some students. Here are some signs that your student might need professional help adjusting to their new routine:

- ◆ No longer interested in things they used to enjoy
- ◆ Changes in interaction with friends and family (isolating behaviors)
- ◆ Sleeping problems or sleeping too much
- ◆ Excessive crying
- ◆ Excessive worry, physical complaints, stomach aches
- ◆ Changes in appetite
- ◆ Self-harming behaviors

If you are seeing any of these warning signs, reach out to the **Georgia Crisis & Access Line at 1-800-715-4225** for advice. They will steer you in the right direction. Have a great summer!

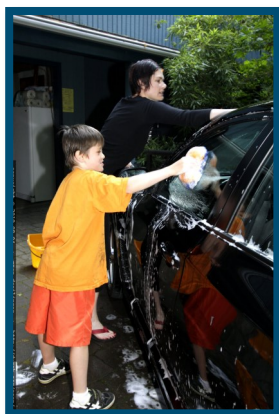


“All great achievements require time.” ~Maya Angelou

Things To Do With Your Kids This Summer

- ◆ Eat ice cream for dinner
- ◆ Make giant bubbles
- ◆ Watch a movie in the backyard
- ◆ Create your own sidewalk chalk art
- ◆ Sleep in a tent in the backyard
- ◆ Have a movie marathon
- ◆ Make a lemonade stand
- ◆ Do a free car wash for your neighbors
- ◆ Fry eggs on the hot pavement
- ◆ Plant a garden
- ◆ Paint with pudding
- ◆ Read a book
- ◆ Go for a walk
- ◆ Walk the neighbor’s dog
- ◆ Ride a bike

Other fun ideas: <https://sofestive.com/2021/03/02/summer-fun-ideas/>



Prevention Intervention Office

Mary Wade, Director

(770) 443-8000 Ext. 10265

www.paulding.k12.ga.us/preventionintervention

Be A Light In The Dark

Community Walk and Fundraiser

April 30, 2022
7:00 pm

Veteran's Memorial Park
@ Dallas Courthouse

April is National Child Abuse Prevention Month.

Throughout the month, many businesses, agencies, and individuals participate in special events and activities to promote community efforts to prevent child abuse.

Join us on the evening of April 30th to walk in support of child abuse awareness efforts and Paulding Child Advocacy Center!

Tickets \$25 adults / \$15 students and children

Tickets include 1 free raffle ticket
and an event t-shirt *(while supplies last)*

Pre-registration opens February 7th at
www.pauldingcac.org/fundraisers

FOR ONGOING EVENT UPDATES, VISIT OUR FACEBOOK PAGE @PauldingCAC

During the walk, local community members will read the names ("Jane" or "John") and ages of children served by Paulding Child Advocacy Center in 2021 to honor our community's children affected by child abuse.

Glow sticks will be handed out so that YOU can BE A LIGHT IN THE DARK.

Food trucks **A Southern Mess** and **Little Red Wagon** will be available so you can enjoy dinner together with other community members.

A 50/50 raffle will be held upon completion of the walk!
Raffle tickets \$5 each or 5 for \$20



Proceeds from the walk will benefit Paulding Child Advocacy Center. Funds will be used to secure comfort items for children and families and to aid efforts to provide free therapy services to child victims.

Paulding Child Advocacy Center's mission is to provide a safe place to interview children who may have been abused and to connect those children and their non-offending family members with needed services; to encourage the collaboration of agencies for the benefit of the child; and to at all times, lessen the trauma suffered by the child.

What Parents & Carers Need to Know about WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.



WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers



CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.



THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



National Online Safety

#WakeUpWednesday



Online Support Groups

HELP IS AVAILABLE!

**CRISIS TEXT:
741741**

**GA CRISIS & ACCESS LINE:
1-800-715-4225**

**NAT'L SUICIDE
PREVENTION HOTLINE
1-800-273-8255**

Follow TYE



MONDAYS

05:00 PM - 06:00 PM
ADHD Youth/Young Adult
Meeting ID: 849 1873 1892

07:00 PM - 08:00 PM
Parents of ADHD and/or Autism
Meeting ID: 828 6973 1427

TUESDAY

04:00 PM - 05:00 PM
**Anxiety and Depression
for Youth and Young Adult**
Meeting ID: 868 1070 8715

06:00 PM - 07:00 PM
**Parent's of
Suicide Attempt Survivors
(Bi-Weekly)**
Meeting ID: 833 7788 3724

07:00 PM - 08:00 PM
**PTSD Support Group
for Adults over 18**
Meeting ID: 844 0567 3097

08:00 PM - 09:00 PM
**Veteran's
Mental Health Support**
Meeting ID: 836 0651 1085

WEDNESDAY

05:00 PM - 06:00 PM
**Youth Self Harm Group
(Bi-Weekly)**
Meeting ID: 896 6805 4903

08:00 PM - 09:00 PM
**Survivors of Suicide Attempts
Youth and Young Adult**
Meeting ID: 838 0978 2170

THURSDAY

04:00 PM - 05:00 PM
**Depression/Anxiety
for Youth and Young Adults**
Meeting ID: 849 6269 6526

05:00 PM - 06:00 PM
**Parents of Youth that Self Harm
(Bi-Weekly)**
Meeting ID: 898 1448 7622

07:00 PM - 08:00 PM
**Parent's of Youth with
Depression and/or Anxiety**
Meeting ID: 894 1840 0421

07:00 PM - 09:00 PM
(Monthly: Third Thursday)
S.O.S Loss Support Group
Meeting ID: 811 2866 0356

FRIDAYS

04:00 PM - 05:00 PM
**Parent's of
Youth/ Young Adults
with Eating Disorders
(Bi-Weekly)**
Meeting ID: 840 4566 1896

05:00 PM - 06:00 PM
**Eating Disorders Support Group
for Youth and Young Adults
(Bi-Weekly)**
Meeting ID: 812 9098 2214

SATURDAY

10:00 AM - 11:00 AM
**Parent's of LBGTQ+
for Youth and Young Adults**
Meeting ID: 843 9118 4784

11:00 AM - 12:00 PM
**LBGTQ+ Youth/Young Adult
Support Group**
Meeting ID: 892 3694 5402

To learn more visit:
WWW.THEYELLOWELEPHANT.ORG
or for questions please email
michelle@theyellowelephant.org

BRIGHTEN SOMEONE'S DAY ONLINE

Tiny actions can have a huge impact. Here are our suggestions for making someone smile online!

VIDEO CALL A RELATIVE

SHARE UPBEAT PLAYLISTS

SHARE A FUNNY POST

SHARE THROWBACK PHOTOS

BE KIND IN THE COMMENTS

PLAY GAMES WITH MATES

SEND HAPPY VOICE NOTES

SEND A KIND MESSAGE

Share posts FROM YOUR FAVOURITE CHARITIES

Share GOOD NEWS

COMIC RELIEF

RED NOSE DAY

NOS National Online Safety® #WakeUpWednesday